



## **HAVASUPAI FALLS/GRAND CANYON BACKPACKING**

**Saturday – Thursday, May 19-24, 2007**

**Cost: \$995.00**

**WELCOME!** Thank you for your interest in what has been truly a trip of a lifetime for many of our small groups of Havasupai Adventurers over the past twenty-five years. We pride ourselves on leading safe, enjoyable and personable backpacking trips to Havasupai Canyon. We are committed to a small group and friendly atmosphere. Eight adults plus two leaders travel together in one 15-passenger Ford van. The information that follows will give you a clear picture of the type of adventure you can expect. We hope you will join us.

**ABOUT THIS TRIP:** This is a backpacking trip to Havasupai—located in the far western end of the Grand Canyon—outside the National Park boundaries. The Supai people and their ancestors have inhabited this amazing canyon for thousands of years. There are four prominent and spectacular waterfalls within Havasu Canyon, the largest dropping its turquoise water over 300 feet into a maze of travertine pools. We will spend our time exploring the area by day hiking, enjoying a swim at the base of the waterfalls, and basking in the beauty of the Canyon. All of our camping gear and food will be packed in and out of the Canyon via mule train, leaving us only with a small pack with water and other essentials to carry the ten miles in and out of the canyon. This trip offers an excellent introduction to canyon hiking and camping and is open to beginning and experienced enthusiasts alike. Please note that we will not be traveling to Grand Canyon National Park—which is 100 miles east of our location.

**WEATHER:** Expect daytime temperatures in the 90's and evenings in the 60's for late May. Rain is rare at this time of year, but we should always be prepared for a flash flood. The key to a comfortable hike is to take advantage of the early morning hours and the shade afforded by the high canyon walls.

**INCLUDED IN THE PRICE:** The fee of \$995.00 includes two professional outdoor leaders, all camping and entrance fees to the Supai Reservation, round trip transportation via air conditioned 15-passenger van, 11 meals (4 breakfast 4 lunches & 3 dinner/deserts), complete personal outfitting and group camping gear (see equipment lists), pack animal fees, and two night's motel lodging at each end of trip (based on double occupancy).

**NOT INCLUDED IN THE PRICE:** Your personal expenses will include five "road" meals (to and from), and snacks (see equipment lists).

**RISKS/HAZARDS/SAFETY:** Weather is always a factor, even during this time of year. We could experience very hot temperatures down in the Canyon. Staying well hydrated may become a challenge. Other hazards include: rough-rocky steep terrain, mules and mule riders, other campers and hikers, slippery/wet trails, dangerous waterfalls and stream crossings, and wildlife. Trip members must make a conscious effort to be safe. One person's disdain for safety will always result in more hardship for the rest of the group. If we do have an accident or injury that requires medical attention beyond the scope of our leader's experience, the trip is immediately over without refund. Everyone will also be asked to help with the evacuation. Our leaders are certified Wilderness First Responders and are trained to administer first aid in this type of environment. However, while they can treat injuries they cannot always prevent them.

**OUR EXPECTATIONS FOR PARTICIPATION:** This trip is designed for people who are self-motivated and want to make the most of their Havasupai Canyon experience. Plan on being a contributing member of a group of 10. The leaders will often need to make decisions based on the needs of the group – not the special needs of one individual. This is a group experience and everyone is expected to help with all the camping tasks, such as: cooking meals and clean-up, setting up camp, and organizing gear. No drugs or alcohol will be allowed while we are camping. It has been our experience that people who drink alcohol become inflexible as well as a danger to others on the trip. In addition, the Supai Community strives to be alcohol and drug free. Come on the trip to enjoy the sights of the Canyon and the company of your fellow trip members.

**HEALTH/PHYSICAL CONDITIONING:** Hiking the Grand Canyon is strenuous on the legs. The trail conditions are sandy and it is a 10-mile hike into and out of the canyon. We could be on the trail up to eight hours on the days we enter and exit the Canyon. Staying well hydrated, taking your time, resting when necessary (but not for too long), and keeping your energy level high is essential. Trip members should be in good physical condition for hiking on very steep terrain and capable of carrying approximately 20 pounds. Participants will cover over 20 miles carrying daypacks filled with water, lunch and other items needed for the day (covered at the pre-trip meeting). From now until the trip begins, we highly encourage you to get in shape. As far as hiking, backpacking and camping – practice makes perfect. Cowles Mountain and other local hiking trails are far better places to get in shape than walking around the block. If you can comfortably hike up and down Cowles twice in a matter of several hours with a 20-pound daypack—consider yourself prepared for this trip.

**FOOD:** Plan on this aspect of the trip being quite rewarding. We hope you will be amazed (as many of our trip members have been) by some of the delicious dishes we will prepare together. Examples of common dinner meals include: pasta and vegetables, vegetarian chili and cornbread, burritos (beans, rice, tortillas, guacamole, etc.) and chicken and rice. For breakfast: granola, oatmeal, fruit, cream of wheat, and muffins; lunches: cheese, salami, hummus, tortillas, bagels, crackers, carrots, peanut butter, jelly, energy bars and dried fruit; drinks and desserts include: cocoa, coffee, tea, lemonade, soup, brownies, cakes, and cobbler. All trip members will be asked to assist equally with clean up of all meals.

**CAMPING/LODGING:** Our first and last night's lodging will be in an inexpensive motel in Kingman, AZ. Once we arrive in the Canyon campground, we will choose a first come first serve campsite. Havasupai is a very popular area and we may not be able to obtain our "ideal" site. The campground has outhouses nearby and a piped spring with drinking water. Each site normally has a picnic table and ample tent space.

**YOUR TRIP LEADERS:** Your trip leaders are experienced Aztec Adventures Staff. They have led and continue to lead all kinds of outdoor adventure experiences throughout the year. While they may not have answers to every specific question asked about the Canyon, they will work very hard to provide you with an enjoyable trip.

**STEWARDSHIP:** It is important to the Aztec Adventures program to minimize our impact on the natural environment and resources from which we derive so much enjoyment and knowledge. We will require that everyone pack out all of his/her trash from the Canyon. In addition, it is important to protect the water sources by cleaning our equipment and our selves at an appropriate distance. Included in your confirmation packet will be a handout on specific minimum impact essentials. We require that you not only read it but agree to practice all of the techniques.

**CANCELLATION POLICY: PLEASE READ BEFORE REGISTERING FOR AN OUTING**

1. If you cancel from this outing ten (10) working days (M-F) prior to the pre-trip meeting, you are entitled to a refund less a twenty-five percent (25%) handling fee or a credit voucher good for the full amount which can be used toward another outing. Credit vouchers are valid through the end of the academic year. Note: transferring from one trip to another constitutes a cancellation and must be done within the aforementioned deadline to avoid loss of fee.
2. If you must cancel from an outing after the aforementioned deadline (above), you may receive a refund (less a 25% handling fee) or a credit voucher for the full amount **ONLY IF WE CAN FILL YOUR VACATED SPOT**. Please note that all other spaces must be filled before we can fill your space. If we are unable to fill your vacated spot, you will not be entitled to a credit voucher or refund. **NO EXCEPTIONS.**
3. Sometimes, we must cancel an outing due to low enrollment. In such a situation, we try to contact enrolled participants either by the Monday prior to the outing or the day of the pre-trip meeting. Enrolled participants will be eligible for a full refund or credit voucher.
4. In the event of cancellation due to unforeseeable circumstances on the part of Aztec Adventures or County of San Diego Department of Parks and Recreation (bad weather, natural disaster, or instructor illness for example), we will make every attempt to reschedule the outing or issue a full refund or credit voucher.

**ITINERARY**

**PRE-TRIP MEETING:** A required pre-trip meeting will be held **Thursday May 11, 2007 at 7:00pm** at a County of San Diego Department of Parks & Recreation facility TBD.

**Saturday, May 20**

Meet in Parking Lot V at 7:00 am. Depart from San Diego at 8:00 am. Drive all day making stops in Barstow for lunch and Kingman for dinner at your expense. Arrive Kingman, AZ at dusk, check into motel, freshen up, go out for dinner (at your expense), drink lots of water and get to bed early.

**Sunday, May 21**

Depart motel no later than 5:30am. It is a 2 ½ hour drive and vital that we get to Hualapai Hilltop (trailhead) in plenty of time to drop off gear for mule train. Continental breakfast, pack up and begin the 10-mile hike down into the Canyon. Arrive at the Supai Campground and set up camp, cook dinner, and relax.

**Monday, May 22**

Spend the day exploring the canyon and the waterfalls. Day hike to Beaver Falls for swimming and lounging in the sun. Return to Supai Campground for dinner, evening activities and a good night's sleep.

**Tuesday May 23** Enjoy another two layover days with ample opportunities to explore the area. We will do our best to schedule a Supai Interpreter to visit with our group for a few hours to share some cultural and natural history of the area. Return to Supai Campground for dinner. Relax and get a good night's sleep for the hike out tomorrow.

**Wednesday, May 24**

Wake up early, have a quick breakfast, pack up, and begin the hike out to Hualapai Hilltop. At this time of year it is imperative that we take advantage of the early morning shade. Once we arrive at the van, we'll load up and drive to Kingman where we will stay at the same motel for the night. Dinner in town at your expense. Rooms are based on double occupancy. If you prefer to room alone, there is a \$50 additional per person charge.

**Thursday, May 25**

Wake up early, load the van and drive back to San Diego State University arriving approximately 3:00pm. Stop for breakfast and lunch on the road.

## **EQUIPMENT & CLOTHING LIST**

Trip members must have sturdy hiking boots and clothing that will keep them warm (cool) and dry in temperatures ranging from 50's to 100 degrees. This list will be discussed and demonstrated in detail at the Pre-Trip Meeting.

### **CLOTHING:**

- ☐ Hiking Boots or Shoes with sturdy sole and excellent ankle support
- ☐ Lightweight Tennis Shoes or Sport Sandals – On the layover days you will have an opportunity to hike the trail below the falls which crosses Havasu Creek numerous times. It is impractical and unsafe to cross this creek barefoot.
- ☐ Cotton or Synthetic Hiking Shorts
- ☐ Cotton or Synthetic Hiking Shirt
- ☐ Cotton or Synthetic Camp Shirt
- ☐ Wool or Synthetic Hiking Socks
- ☐ Wide brimmed shade hat
- ☐ Bandanna
- ☐ Sunglasses
- ☐ Bathing Suit
- ☐ Underwear
- ☐ Lightweight Long Pants
- ☐ Lightweight Synthetic long underwear (top & bottom)
- ☐ Fleece Jacket or Sweater
- ☐ Nylon Jacket (Raincoat/Windbreaker)

### **PERSONAL EQUIPMENT:**

- ☐ Small backpack (day pack) with capacity to carry three liters of water, lunch, flashlight, sweater and other essentials
- ☐ 3 durable (crush proof) one liter water bottles or hydration hose system
- ☐ Small flashlight or head lamp with extra batteries/bulb
- ☐ Toiletries – think small quantities and biodegradable
- ☐ Sunscreen and lip balm
- ☐ Toilet paper in Ziploc bag
- ☐ Small lightweight—fast drying camp towel
- ☐ Small first aid kit with aspirin, bandaids, etc.
- ☐ Pocket Knife, Matches, Whistle – for emergency situations
- ☐ 2 Gallon size Ziploc Bags and 2 Hefty Garbage Bags for packing out trash and dusty clothes
- ☐ Camera with film
- ☐ Snack Food: candy bars, crackers, energy bars, dried fruit, pretzels, hard candy, chocolate, trail mix, nuts, fruit drink mix—please repackage all foods so as to minimize trash and extra weight.
- ☐ Money & I.D. we will be stopping for at least four road meals.
- ☐ Small pillow or inflatable neck pillow for the van ride

\*\*\*Your duffel bag will be transported on top of the van and difficult to access once we depart. Therefore, please pack your “essential items” in your daypack so that you may keep them with you in the van.

### **PERSONAL EQUIPMENT THAT AZTEC ADVENTURES WILL PROVIDE:**

- ☐ Tent with rain fly (sleeps 2 )
- ☐ Sleeping bag (mummy style) and Foam insulation pad
- ☐ Crazy Creek Camp Chair
- ☐ Coffee Mug, Bowl and Utensils
- ☐ Duffel bag for putting all of the above into plus your personal gear & clothing.

### **GROUP EQUIPMENT THAT AZTEC ADVENTURES WILL PROVIDE:**

- ☐ Expedition First Aid Kit
- ☐ Stoves, fuel and all cooking gear—pots, pans, utensils, spice kit, etc.
- ☐ Repair kit for tents, stoves, packs, etc.
- ☐ Water Bags – 2+ gallon bags for camp use—bathing, cooking, etc.
- ☐ 4 breakfast, 4 lunches, 3 dinner and 3 desserts for 10 people